## Attention Special Education and Adult Transition Teachers!

Dayle McIntosh Center is offering FREE virtual in-class Independent Living Skills workshops to students with disabilities!

# Independent Living 101 is a four part series which includes the following lessons:

#### Part 1: Disability Pride

Students will gain a sense of disability pride and learn about basic truths of living with a disability.

### Part 2: Independent Living History

Students will learn about current and past leaders in the independent living movement and how they advanced the rights of people with disabilities.

#### Part 3: Self-Advocacy

Students will learn how assertive communication can help get their needs met.

#### Part 4: Community

Students will learn about the disability community and how to connect to their peers.

 Additional workshop topics are available and can be based on specific needs within the classroom.





For more information or to schedule workshops please contact:

#### Alan Cruz

Youth Community Liaison 714-621-3300 ext. 306 acruz@daylemc.org

